

Lesson 12. Senior Safety

Lesson Purpose

To provide a general overview of senior safety including common sense tips on personal safety while out and about, home safety and security and protection against frauds and scams.

Learning Objectives

Participants will be able to:

- Identify and practice strategies for safety when out and about.
- Describe strategies to improve home safety and security.
- List key strategies for preventing frauds and scams.

Materials

Presentation: Senior Safety

Handout(s): *"Safer Seniors"*
"Senior Crime Prevention" (optional)

Supplement: *"How Can I Make My Home Safer?"* Download from the National Crime Prevention Council, at www.ncpc.org
"Helping Older People Avoid Charity Fraud" and many other publications on frauds and scams from the Federal Trade Commission. Download at www.consumer.gov/
Display newspaper and magazine articles about crimes against seniors.

Related Resources

National Crime Prevention Council, www.ncpc.org

AARP (formerly the American Association of Retired Persons), www.aarp.org

Lesson Plan

Time	Main Points	Slide
Introduction		
5 min.	As people grow older, their chances of becoming victims of crime decrease dramatically. Despite these statistics, older citizens are often fearful.	1 - 2
	Briefly describe one or more local examples of crimes against seniors.	
	Today we'll look at some strategies for safety when you are out and about, some ways to improve home safety and security, and ways to avoid being ripped-off by fraud and scam artists.	2
	Distribute handout: <i>"Safer Seniors"</i>	

Time	Main Points	Slide
Presentation		
4 min.	Be Alert When Out <ul style="list-style-type: none"> Go with friends or family, not alone. Carry your purse close; your wallet in an inside coat or front pants pocket. Don't carry credit cards or large amounts of cash you don't need. Use direct deposit for Social Security and other regular checks. 	3
	<ul style="list-style-type: none"> Keep car doors locked; be alert; park near an entrance. Sit close to the driver, or near the exit, while riding the bus, train or subway. If you sense something is wrong, trust your instincts and leave. 	4
5 min.	Secure your Home <ul style="list-style-type: none"> Install good locks on doors and windows and <u>use</u> them. Don't hide keys; give a set to a trusted friend/neighbor. Get photo identification from service or delivery people. Keep your street address number large, clear of obstruction, and well-lighted so police and other emergency personnel can find it. Consider a home alarm system with emergency monitoring. 	5
6 min.	Watch Out for Con Artists <ul style="list-style-type: none"> Don't fall for things that sound too good to be true. Never provide your credit card, phone card, Social Security number or bank account number to anyone over the phone. Don't let anyone rush you into signing anything. 	6
	<ul style="list-style-type: none"> Beware of anyone offering to recover lost money from fraudulent telemarketers for a fee. Check out offers with police, the Better Business Bureau, or the consumer protection office. 	7
2 min.	Get Involved <ul style="list-style-type: none"> Report any crime or suspicious activities. Join a Neighborhood Watch. Work to change conditions that hurt your neighborhood. Ways to get involved -- <ul style="list-style-type: none"> - citizen patroller - tutor for children - aide in the police or fire department - mentor for teens - escort for individuals with disabilities. 	8
2 min.	Summarizing (briefly summarize key points of each) <ul style="list-style-type: none"> Stay alert when out and about. Secure your home. Watch out for con artists. Get involved. 	9

Time	Main Points	Slide
Practice/feedback		
10 min.	<p>Have participants review the list of tips for senior safety in their handout. Ask them to place a checkmark (✓) beside the things they now do and to place an asterisk (*) beside the things that they need to begin to do.</p> <p>Give participants 5 to 7 minutes to complete this review. The instructor should circulate among participants during this time. Conclude the activity by asking 3 or 4 volunteer participants to share what they learned from the review.</p> <p>The instructor should reinforce prevention strategies and key learning points.</p>	10
Evaluation		
10 min.	<p>Set-up</p> <p>“We have a few minutes for questions and additional discussion. While we’re doing that, we have a brief evaluation form we’d like for you to complete and leave with us. Your name is not required, but your feedback is very important. It will help us improve our presentation and program.”</p> <p>Distribute evaluation forms and ask for questions or additional comments on what has been presented.</p> <p>Promote group discussion by encouraging audience members to help respond to questions. Use questions as an opportunity to clarify and reinforce key learning objectives.</p> <p>Wrap-up</p> <ul style="list-style-type: none"> ▪ Thank the audience for their attention and participation. ▪ Express appreciation to the sponsoring organization (if applicable) for the opportunity to speak. ▪ Remind them to leave evaluation forms. 	11

12. Senior Safety

Please tell us what you think about this lesson by circling the numbers that most closely reflect your opinions.

After this lesson . . .	Strongly Disagree	Disagree	Agree	Strongly Agree
a) I have a better understanding of strategies for safety when out and about.	1	2	3	4
b) I know more strategies to improve the safety and security of my home.	1	2	3	4
c) I know to more strategies to prevent frauds and scams.	1	2	3	4
d) I am now more likely to report crimes and/or suspicious activities.	1	2	3	4
About this lesson . . .				
e) The information presented was valuable.	1	2	3	4
f) The lesson was presented in a clear and understandable manner.	1	2	3	4
g) Lesson activities and discussion were helpful.	1	2	3	4
h) I would recommend this lesson to others.	1	2	3	4

What was the most valuable thing you learned?

Please give one example of how you plan to use the information presented in this lesson.

How could this lesson be improved?

